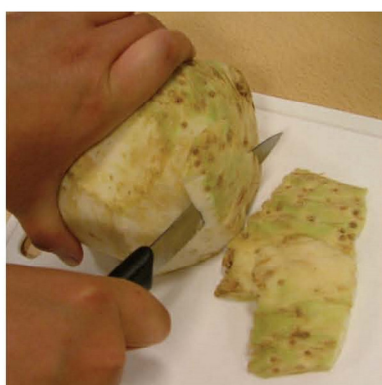


Celeriac



$\frac{1}{3}$ = 1 of
your 5 a
day



1 using a sharp knife take a thin slice from top and bottom of vegetable.

2 Stand on end and slice around outside removing skin.



3 Cut into slices, chips or cubes.

Tips

Celeriac can be roasted, steamed or boiled.

Why not try Celeriac chips?

Cut into chips

Coat with a small amount of olive oil or vegetable oil.

Place on a baking tray and roast in a hot oven until cooked.